

Whipped Sweet Potatoes with Peppers

Ingredients

1 lb sweet potatoes or yams
½ cup sugar
1 T light brown sugar
½ t vanilla extract
½ t cinnamon
¼ t nutmeg
2 t butter, unsalted
1 sm pepper, (your preferred heat level)

Directions

Rinse potatoes thoroughly. Place in a medium stock pot/boiler with whole pepper. Cover with water. Place lid on. Bring to a roaring boil on medium heat until potatoes are tender to touch or toothpick goes through them. Drain, peel and place potatoes in a mixing bowl. Add other ingredients to bowl. Whip ingredients to your consistency. May discard pepper. Heat through if needed. Serve